



Hot tots



Children from the Moms, Pops and Tots Playgroup enjoy a pool party at the chapel center July 28. The playgroup meets Mondays and Thursdays from 10-11:30 a.m. at the chapel center and is geared toward children ages 5 and under. For more information, call 652-5321. (Photo by Javier Garcia)

Sexual Assault Prevention and Outreach program comes on board

By Jillian Speake
12th Flying Training Wing Public Affairs

The Randolph Sexual Assault Prevention and Outreach program is up and running and ready to help those in need. The program, launched Air Force wide in June, provides a single point of contact, a Sexual Assault Response Coordinator, who helps victims of sexual assault and addresses related issues, said Capt. Niki Rasnake, Randolph's interim SARC. The SARC position is commonly held by a GS-12 rated Department of Defense civilian employee who reports directly to the base's vice wing commander. More than 200 SARCs are now on duty throughout the Air Force. "This new program taps into a variety of support

services specifically for sexual assault victims to ensure their immediate and ongoing needs are met," said Col. Richard Clark, 12th Flying Training Wing vice commander. "It gives options to the victims while ensuring their privacy and dignity remain intact." The SAPO program is a joint effort between the military and civilian community. Base organizations work with civilian agencies to develop educational and preventative programs to help Randolph's and San Antonio's efforts to deter sexual violence. One such program is the Sexual Assault Response Team. The response team consists of several people who address issues related to sexual assault cases, including medical, personal, legal or emotional needs victims might have. The team is made up of military and civilian members from base

organizations such as the Air Force Office of Special Investigations, life skills support center, chaplain's office, family advocacy, security forces and the legal office. Civilian counterparts, such as the San Antonio Police Department, Methodist Specialty and Transplant Hospital and the Rape and Crises Center, are also part of the response team. The SARC integrates the team's activities and coordinates sexual assault victim care. The coordinator is involved from the initial report through resolution of issues related to the victim's health and well-being. The coordinator is available 24 hours a day, seven days a week to ensure a support system is provided around the clock for sexual assault victims. "A support system, such as the response team and

See Assault on page 4

12th Flying Training Wing Training Status												
Pilot Instructor Training <small>As of Monday</small>			Navigator, EWO Students					Wing Flying Hour Program				
			562nd FTS		563rd FTS							
Squadron	Seniors	Overall	CSO/NFO		CSO		Graduate EWO	Aircraft	Required	Flown	Annual	
99th FTS	4.0	0.6	USAF	235	OPS	17	International	6	T-1A	9965.9	10104.3	12,184
558th FTS	-4.9	-3.1	Navy	40	Advanced EW	35	EW Course	0	T-6A	14040.0	14351.4	17,290
559th FTS	-7.1	-4.8	International	3	Integration	0	Intro to EW	0	T-37B	7424.0	7527.7	8,444
560th FTS	1.1	1.8	Total in Training	278		52		6	T-38C	8047.6	8103.6	10,204
Numbers reflect days ahead or behind for senior pilot instructor training class and an average for all PIT classes currently in training.			Numbers reflect students currently in training. The 562nd shows source of combat systems officer students. Air Force students include Air Force Reserve and Air National Guard. The 563rd indicates students in specific courses.					The required and flown numbers reflect hours flown between Oct. 1, 2004 to date. The annual numbers are total hours for fiscal year 2005.				

“**PROTECT
YOUR
WINGMAN**”

DUI...
It's a crime
not a mistake

Team Randolph's
last DUI was
July 16, 2005

Commander's Action Line

Call 652-5149 or e-mail
randolph.actionline@randolph.af.mil



While our goal is to provide the best programs, products and services to our customers, there will be instances when people believe we could have served them better. In those cases, I ask the individual to first contact the responsible organization to allow the unit commander or manager an opportunity to ensure professional and impartial treatment.

When those officials are unable to provide satisfaction, the individual may contact me through the Action Line. I will ensure each Action Line call is looked into and a reply is given by telephone or in writing. I ask callers to include their name and telephone number so we may send a personal response.

Col. John Hesterman
12th Flying Training Wing commander

Agency Contact Numbers

12th FTW IG	652-2727
12th FTW Legal Office	652-6781
Base Exchange	674-8917
Civil Engineers	652-2401
Civilian Pay	652-6480
Commissary	652-5102
EEO Complaints	652-3749
Equal Opportunity	652-4376
FW&A Hotline	652-3665
Housing Maintenance	652-1856
Military Pay	652-1851
Randolph Clinic	652-2933
Safety Office	652-2224
Security Forces	652-5509
Services	652-5971
Sexual Assault	
Response Coordinator	652-8787
Straight Talk	652-7469
Transportation	652-4314



**Dedicated
June 20, 1930,
Randolph celebrates its
75th Anniversary in 2005**
Graphic by Michelle DeLeon

WINGSPREAD

12th Flying Training Wing
Editorial Staff

Col. John Hesterman
Commander
Capt. Paul Villagran
Chief of Public Affairs
Jillian Speake
Editor

Prime Time Military Newspaper
Contract Staff

Jennifer Valentin
Bob Hieronymus
Staff Writers
Maggie Armstrong
Graphic Designer

Wingspread office:
1 Washington Circle, Suite 4
Randolph AFB, Texas 78150
Phone: (210) 652-5760
Fax: (210) 652-5412

Wingspread Advertisements:
Prime Time Military Newspapers
7137 Military Drive West
San Antonio, Texas 78227
Phone: (210) 675-4500
Fax: (210) 675-4577

Wingspread online:
www.randolph.af.mil/12ftw/wing/pa/wingspread.htm

This paper is published by Prime Time Military Newspapers, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with Randolph AFB, Texas. This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the Wingspread are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Air Force.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force, or Prime Time Military Newspapers of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to the race, color, religion, sex, national origin, age, marital status, physical or mental handicap, political affiliation, or any other non-merit factor of the purchaser, user, or patron.

Editorial content is edited, prepared and provided by the Public Affairs Division of the 12th Flying Training Wing in accordance with local policy and style guidance. All photos, unless otherwise indicated, are U.S. Air Force photos.

Articles for the newspaper should be submitted by noon Thursday the week prior to the desired publication date. Items can be dropped off on a PC- or Macintosh-formatted disk at the Wingspread office in room 110 of Building 100.

Articles may also be sent by e-mail to wingspread@randolph.af.mil or by fax at 652-5412 or base ext. 7-5412.

For more information about submissions, call 652-5760 or base ext. 7-5760.

Wherry drivers blocked in

Q Despite a sign on Third Street West telling drivers not to block 2nd Avenue West at the entrance to the West Wherry Housing Area, people are constantly blocking the road, which makes it very difficult for people to get in and out of the housing area. It's a frustrating situation that affects everyone in West Wherry. Can something be done?

A Yes, something can certainly be done. Patrols from the 12th Security Forces Squadron will monitor the area more often and we'll raise the awareness of drivers by putting information in the Wingspread and on channel 21, the Commander's Access Channel. Not only does the situation frustrate members of the West Wherry Housing Area, it also hinders emergency responders. People with base traffic concerns can call the law enforcement desk at 652-5700.

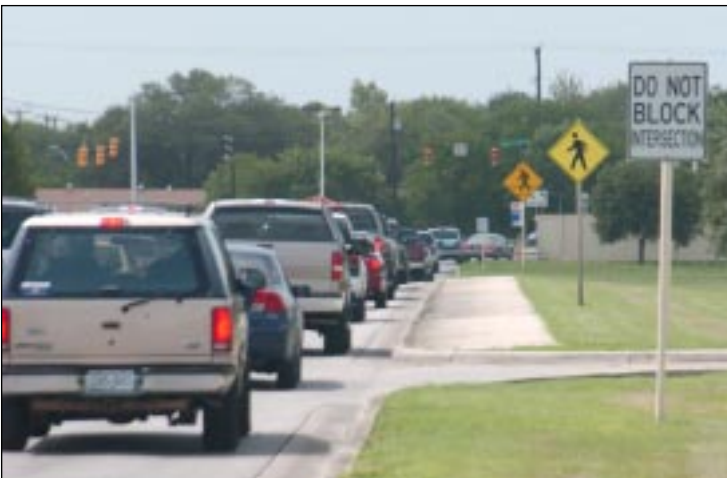


Photo by Steve White

Going above and beyond

Doing what it takes to be a top one-percenter

By Col. John Newell
12th Operations Group commander



Top one-percenters ...

- ☐ Focus on results, not effort
- ☐ Deliver more than expected
- ☐ Execute
- ☐ Lead

As a group commander, I spend lots of time writing performance reports. We stratify our top performers--#1 of 100, for example-to clearly identify our very best Airmen. We'd all like to measure up well within our peer group, and most of us try hard to improve every day. After years of observing Airmen and admiring their talents, I'll offer my observations on what characteristics these "top one-percenters" seem to share.

Before I list the ingredients that separate top one-percenters from the merely great, let me establish the baseline required to get in the game: Top one-percenters live by the Air Force's Core Values. I marvel at the brilliance, the completeness and the simplicity of our Air Force Core Values. If you truly live the Air Force Core Values, you are among the best the Air Force has to offer. Now, do these additional four things, and you'll be a top one-percenter:

Top one-percenters focus on results, not effort. We praise young Airmen for giving 100 percent, even when they don't succeed. Early in their careers, Airmen need positive reinforcement for hard work as successes are few and hurdles are many. But at some point,

commanders expect results. Simply put, hard work is not the measure of success and certainly no substitute for results.

Surprisingly, some people never learn to make the distinction between effort and achievement. I'm perplexed when someone offers me an elaborate explanation for why something can't be done, as if somehow a good story is equivalent to having completed the task. If you're routinely explaining to your boss why something can't be done, your boss is sizing you up as someone who can't get things done. If you want to be a top one-percenter, ask yourself every day: Do I have a reputation with my boss as someone who can get things done? If you're not confident of the answer, stop

trying to look so busy and start focusing on results, like top one-percenters do.

Top one-percenters deliver more than you expect. Top one-percenters take the boss' vague and fuzzy vision and turn it into a reality beyond what he could have imagined possible. Tell them to build a shack and they come back with a castle. As a commander, there is no higher praise that I can give someone than, "You've delivered far more than I thought could be done." If your boss ever tells you that, you're probably a top one-percenter.

Top one-percenters execute. Elaborate plans are wonderful, but results are delivered through execution. I've learned about execution by watching my squadron commanders. When their squadrons are doing something important, complicated or risky, you'll see them close by. They're not micromanaging or necessarily giving input, but they're overseeing execution, ready to roll up their sleeves and lend a hand if the unforeseen occurs. As a group commander, it's comforting to see my squadron commanders involved in the important tasks. These top one-percenters leave nothing to chance, and the chance for foul-ups is during execution. That's why they're there.

See Above on page 3

Congratulations Retirees

Today
Master Sgt. Darrell Payne
Air Education and Training Command

Retirement announcements should be submitted to the Wingspread office by noon Friday two weeks prior to the desired date of publication. E-mail announcements to randolph.retiree.messages@randolph.af.mil or fax them to 652-5412. For more information, call the Wingspread office at 652-5760.

Education provides important tools to further career

By Master Sgt. John Ross
325th Aircraft Maintenance Squadron

Have you ever wondered just what getting a degree from the Community College of the Air Force is going to do for you?

I looked back to when I earned my first CCAF degree and tried to quantify some ways it has impacted my life and career since. Three things came to mind.

First, a degree gives you credibility. You all need to be proficient technicians in your Air Force specialty because one of the requirements for a degree from the Community College of the Air Force is job experience.

But credibility goes further than just being able to do the job. You will have the credibility that comes with the successful completion of a challenging task.

The world likes people who finish things, and like it or not, you started on your CCAF degree the day you entered basic training. You continued to make progress through tech school, earning your 5-skill level and for some of you, in Airman Leadership School or the NCO Academy, but that is where the paths diverge. To get a CCAF degree you must choose to take up the challenge and continue your personal development through formal education. You will acquire training in leadership, management, history, problem solving and many other subjects to complete your degree. As a result you will become not only a proficient technician

but better prepared to lead and supervise others.

A word of caution though. Through education I learned there was more knowledge out there than one person could ever hope to grasp. There is no shame in saying, "I don't know," unless you were supposed to know and did not do your homework. The knowledge is out there, so remember: Ignorance is a challenge to overcome, not an excuse for failure.

A second thing education provides is opportunity. There are examples of this all over base. In order to be an instructor in Basic Military Training, one of our technical schools or one of our schools for professional military education, you must have a college degree. Once you complete your CCAF degree, your path toward that type of duty is cleared of a major obstacle.

Other opportunities are created by possession of a degree as you progress into the senior NCO grades. Your CCAF degree in your Air Force specialty is considered to be a distinguisher between you and other outstanding performers when considerations are being made for promotion to our top two enlisted grades. Your choice to put forth the effort to improve yourself pays, and not only in promotions while in the military. On average in the civilian sector, a person with an associate's degree will earn 3 to 5 thousand dollars a year more than someone with the same level of experience without a degree.

You will also have laid the groundwork to further your education. Many of the classes you take to complete your CCAF degree will transfer to other

institutions' bachelor degree programs.

This brings me to a third result of education: responsibility. I like to collect bits of wisdom from unusual places and one of my favorites came from the television show, "Walker, Texas Ranger." In one episode, Ranger Walker attempts to spur a young officer into action by telling him, "No action is an action." This concept applies here, too. If you choose to take no action to increase your knowledge or raise your educational level, your expected rate of return should be zero. On the other hand, if you progress, your opportunities and credibility will increase.

One area of responsibility not mentioned yet, is probably the most important. We must pass on what we learn. A common theme in leadership training is that you should always be training your replacement. Knowledge that is not passed on dies with the owner. As you share the lessons you learn with your peers, subordinates, children and others, whether formally or casually, you will prevent the loss of vital knowledge. It has been said that we reinvent the wheel about every third generation. This wasted effort could be prevented if we make the extra effort to pass on what we have learned.

Finally I would like to leave you with a thought, something I saw on an elementary school bulletin board: "Those things learned with joy are best remembered."

Have fun as you learn and share what you learn with others. If learning is an enjoyable experience then it is more likely to be sought out and repeated.

Above

Continued from Page 2

Top one-percenters lead. In his new book, "The One Thing You Need to Know," Marcus Buckingham defines a leader as someone who

rallies people toward a better future. By this definition, anyone can be a leader, regardless of rank or position.

Consider the airman first class who sees a better way to do a task in his flight and shows everyone how. He's a leader! Top one-percenters see a better future – a vision – and then chart a path to

that future. By definition, they are optimistic about the future and the prospects for getting there. If you are a pessimist or naysayer, you can't rally anyone to a better future, and you are, by my definition, the opposite of a leader. Rally people to a better future – lead – and you're on your way to the top one-percent. You probably can tell that I am

excited about this topic, just thinking about the sheer excellence that my top one-percenters achieve. As commanders, there's no greater service we can provide our Air Force than to identify and propel our top one-percenters to greater responsibility. As Airmen, we should always strive to be the best.

News

Watching for pedestrians

Randolph drivers keep close look-out for school children

By Jennifer Valentin
Wingspread staff writer

With another school season just around the corner, Randolph drivers are asked to use caution and keep an eye out for children walking to and from the base schools.

The 12th Flying Training Wing safety officials offer tips to help keep drivers and children out of harm's way.

When crossing the street, children should look left, right and then look left again before stepping off the curb. They also need to continue to look and listen as they walk across the street, according to safety office officials.

"Children, as well as all pedestrians, should only walk across the street when they are sure it is safe to do so, and they should keep looking for cars as they walk," said Staff Sgt. Dave Roller, 12th FTW safety office ground safety craftsman.

Children should always walk across a street using the designated crossing areas painted on the street and

should stay within the lines of the crosswalk, added Sergeant Roller. If they are riding a bike or a skateboard, they should walk, not ride, across the crosswalk.

If cars have passed the crosswalk but are stopped and blocking the crosswalk, children should be careful to never walk behind the car that is stopped, said the sergeant. If the driver decides to back up, he or she might not see the child in time.

Drivers should be especially careful when driving through the base housing areas.

"A lot of children walk to the elementary school on base from the housing areas," said Sergeant Roller. "Drivers should be cautious and keep an eye out for kids walking in the housing area. It is easy for children to dart out from in between cars and not be seen."

Drivers on base should take the time to be courteous and stop at marked pedestrian crosswalks, as is the law, when people are trying to cross, said the sergeant.

To ensure people are practicing proper safety procedures, crosswalks and other major pedestrian traffic points are monitored on a regular basis, said Master Sgt. Richard Sherman, 12th Security Forces



Squadron operations superintendent. "Just like anything else though, situational awareness is critical when you are walking around the base," Sergeant Sherman said. "Both vehicle operators and pedestrians need to pay attention to the rules of the road to ensure everyone is safe."

Geren designated acting AF secretary

The president designated Pete Geren to be the acting Secretary of the Air Force on July 29, replacing Michael L. Dominguez.

The appointment is in accordance with the Federal Vacancies Reform Act, Air Force officials said.

Mr. Geren, who was special assistant to the secretary of defense, assumes his new office as directed in Title 10, United States Code and Air Force directives, Air Force officials said. He took the Department of Defense post in September 2001 with responsibilities

in the areas of interagency initiatives, legislative affairs and special projects.

A former Texas congressman 1989 to 1997, Mr. Geren served on the Armed Services, Science and Technology and the Public Works and Transportation committees during his tenure.

Mr. Geren earned his bachelor of science degree from the University of Texas in 1974, and his jurist prudence from the university's law school in 1978.

(Courtesy of Air Force News)

Long-Term Care Insurance provides peace of mind

Active-duty Airmen, some reservists, appropriated-fund civilian employees, retirees and qualified family members can still apply for the Federal Long-Term Care Insurance Program.

The program can help federal employees defray the costs of in-home care, nursing-home care, or assisted-living facilities for people no longer able to perform normal daily activities because of chronic-health conditions.

"Long term care insurance isn't just for old age. Nearly 40 percent of people needing long term care are under age 65," said Ms. Janet Thomas, human resources specialist at the Air Force Personnel Center here. "Health insurance will cover hospitalization and medical care, but not necessarily long term care. The Federal Long Term Care Insurance Program provides protection from the potentially high cost of long term care."

The FLTCIP is the largest program in the nation, she said. It is sponsored by the Office of Personnel Management and provides affordable group premiums and comprehensive benefits.

Two types of plans are available:

- Facilities-Only Plan: This covers all levels of nursing home, assisted living facility and inpatient hospice care.
- Comprehensive Plan: This covers everything the Facilities-Only Plan covers, plus care provided at home by

a nurse, home health aide, therapist, informal caregiver or other authorized provider. Costs of adult day care centers and home hospices are covered as well.

Those eligible for the program include: Federal employees and annuitants; separated Federal employees with title to a deferred annuity; active and retired military members; active members of the Selected Reserve; retired "grey" reservists even if they are not receiving retirement pay; compensationers receiving compensation from the Department of Labor; the current spouse of an eligible person; adult children of living eligible people; parents, parents-in-law, and stepparents of living eligible people; and surviving spouses receiving a survivor annuity.

Premiums are based on applicant's age, so the sooner people apply, the smaller premium they will pay, according to Ms. Thomas. Once enrolled, coverage will not be canceled as long as premiums are paid on time and coverage can't be canceled due to age or a change in health.

For more information, call 1-800-582-3337, TTY 1-800-843-3557, or visit online at www.LTCFEDS.com. Representatives are available weekdays 8 a.m. to 7 p.m. Eastern Time.

(Courtesy of Air Force Personnel Center News Service)

12th Flying Training Wing recognizes volunteer tour escorts

The 12th Flying Training Wing recognizes the following people for their volunteer support of the base community relations program by serving as tour escorts in July:

- Senior Airman William Clemens, 12th Aeromedical-Dental Squadron
- Staff Sgt. LaSonja Cavness, 12th Operations Group
- Capt. Cynthia Howze, Air Education

and Training Command

- Capt. Melissa Lacey, AETC

For more information or to volunteer for the tour escort program, call 652-4407.

Assault

Continued from Page 1

coordinator, gives victims multiple levels of support," Captain Rasnake said. "By empowering people with all the information and expertise available, victims can take control of their care and make more informed and educated decisions."

The SAPO program also addresses concerns regarding reporting sexual assaults and confidentiality. The Department of Defense implemented confidentiality in the form of restricted reporting option to allow active duty members to report allegations of sexual assault without triggering an investigation.

Restricted reporting enables the victim to control which agencies get involved and at what time. This allows the victim to decide if and when they wish to report the assault to legal or law enforcement agencies, which would require the victim's identification.

"Eighty-two percent of sexual assault victims do not report their assaults. The number one reason is they do not want their commanders, first shirts, supervisors or co-workers to find out," Captain Rasnake said. "I am here solely for the victims and their families, and no matter what the circumstances surrounding the event are, I do not have to report anything to commanders or law enforcement."

Many times, the situation

Assault Reporting Guidelines

- Report any assault immediately
- Call 911 immediately if you are unsafe or need medical attention
- Never hesitate to get help
- Do not bathe or clean up
- Do not change your clothes
- Do not brush your teeth or use mouthwash
- Avoid using the bathroom, eating or drinking
- Do not disturb or clean up a crime scene

surrounding the assault keeps victims from reporting the incident for fear of punishment, the captain said.

"My primary responsibility is to help the victim," Captain Rasnake said. "Even if the victim was engaging in high-risk activities or even illicit activities, it is not my job to judge. It's my job to provide them with a supportive environment, information on services available and to help them through these trying times."

It's important for victims to be aware that although communication with a chaplain is non-reportable, the SARC and healthcare providers are the only people who may receive restricted reports of sexual assault.

For now, restricted reporting is only applicable to active duty members, however civilians and dependents are still highly encouraged to contact the SARC.

"I can not offer restricted reporting yet, but I don't want that to deter civilians and dependents from calling me," Captain Rasnake said. "I can offer them everything else to help support their needs and to help them through the tough roads."

The other way to report sexual assaults is through normal reporting channels and is classified as an unrestricted report. Normal reporting channels include the chain of command, law enforcement, AFOSI or other criminal investigative services.

Victim advocates are another vital part of the SAPO program. These advocates are considered victim liaisons and receive extensive training from the local rape crisis center and SARC office to provide assistance and support to sexual assault victims. It is up to the victim to utilize their support.

The advocates can accompany victims to medical appointments, provide emotional support, act as a liaison between the victim and the chain of command, assist in scheduling mental health, medical or legal appointments, and can help loved ones understand issues related to sexual assault.

"The entire sexual response team is here to help victims through their crisis," Colonel Clark said. "No one should have to deal with being a victim of sexual assault alone."

People who have received a report of sexual assault or are a victim of sexual assault can call the SARC hotline at 652-8787.

NEWS BRIEFS

Immunizations needed for school

Current immunizations are required for students attending Randolph schools. Record of immunizations must be on file at the student's campus before school starts. No new requirements were made this year. For more information, parents should call their child's school.

Scheduled power outages

The 12th Mission Support Group Civil Engineers announced a power outage scheduled for the Bextra building Monday, from 5-9 a.m. A similar outage for the main BX is scheduled Aug. 15 from 5-9 a.m. Both stores will remain closed until the power is restored. For more information, call Liz Graham at 658-74871, extension 312.

Pediatric dental patients needed

The Pediatric Dental Service at Lackland needs patients for their dental training programs. Free dental screenings will be provided for all eligible military medical beneficiaries between the ages of 7 through 13 years Wednesday and Aug. 24 from 8-11 a.m. at the Skylark Community Center, Building 6576.

Children will receive a dental screening exam and appropriate treatment follow-up, recommendations or alternatives. If available, parents should bring a copy of their child's treatment plan or referral letter from their private dentist. For more information, contact Staff Sgt. Shannon Lilley at 292-4072.

WW II 60th Anniversary posters

The 12th Flying Training Wing Public Affairs office has a limited supply of the special World War II 60th Anniversary lithograph series available. The series features the anniversary, Women Air Force Service Pilots, the Tuskegee Airmen and Hispanic American Airmen. People can pick up the lithographs at the PA office in the Taj Mahal.

Indeterminate TDY entitlements

Members receiving orders that include indeterminate temporary duty assignments may be entitled to certain benefits related to a permanent change of station. Indeterminate TDYs do not provide for return to the member's permanent duty station and are more than 20 weeks to one location, or the order does not state or imply any limit to the period of absence. For information about these entitlements, call 2nd Lt. Shellie Daniels, 12th Comptroller Squadron, at 652-4861.

Medical advice line

The 12th Medical Group provides advice to TRICARE patients enrolled with the Randolph clinic after duty hours.

The phone line is staffed by registered nurses who specialize in providing advice over the phone. Hours of operation on weekdays are from 4 p.m. to 7 a.m. and 24 hours on weekends and government holidays. The service can be reached at 475-7307 for local calls or 1-866-584-9659 for out-of-area calls.

Free hunting and fishing license

The Texas Parks and Wildlife Department is authorized to issue the combination hunting and fishing license free to qualifying active duty military members.

This special license, normally costing \$60, will be available at approximately 2,000 license agents across the state starting Aug. 15.

For more information, call the license team at 1-800-792-1112.

Excellence abounds

Team Randolph quarterly award winners announced

CGO of the Quarter

Capt. Shelia Beville of the 12th Medical Operations Squadron is the CGO of the Quarter. As a family advocacy officer, she provided assistance and education to base members that was directly responsible for reducing family violence incidents. Captain Beville was also one of 15 people selected by the Air Force Medical Service Agency to attend Central Registry Board training. As a member of the CRB, she validates clinical recommendations in alleged family maltreatment incidents. The CRB Captain Beville launched here was lauded by the headquarters' consultant as the best prepared of all Air Education and Training Command bases.

Also nominated were Capts. James Cornelius, Julio Hernandez and Matthew Morand.



Capt. Shelia Beville

Senior NCO of the Quarter

A flight examiner loadmaster with the 19th Air Force is the Senior NCO of the Quarter. Master Sgt. Christopher Dockery was awarded the Distinguished Flying Cross for his heroism during a recent deployment where he was part of a five-man crew on the lead C-17 aircraft of the largest airdrop mission of Operation Iraqi Freedom. Sergeant Dockery also instructed and qualified three instructors in new airdrop system procedures for the C-17 schoolhouse and provided numerous valuable inputs at the C-17 Flight Manual Review Conference that were implemented Air Force wide.

Also nominated were Senior Master Sgts. Maria Cornelia and Oscar Hernandez and Master Sgt. Richard Madrid.



Master Sgt.
Christopher Dockery

NCO of the Quarter

Staff Sgt. Guillermo Salazarcuriel, Air Force Services Agency, was named the NCO of the Quarter for the time and resources his actions directly saved the Air Force. As an Air Force shooting program manager, Sergeant Salazarcuriel modernized the shooting team supply system and eliminated overstock, which saved \$10,000 in bench stock materials. He also streamlined the Excellence-In-Competition Program by converting it to a Web-based program and saving the Air Force 960 man-hours. Sergeant Salazarcuriel also modernized the Air Force sports inventory system, ensuring 100 percent accountability of the entire stock.

Also nominated were Tech. Sgts. Erica Gage and Sherry Martin and Staff Sgt. Monica Serda.



Staff Sgt.
Guillermo Salazarcuriel

Airman of the Quarter

A 12th Security Forces installation patrolman took home the Airman of the Quarter award. Senior Airman Chad Adams' on-the-job successes include effectively mediating a domestic disturbance, rendering first aid to a choking infant and recovering over \$1,200 of stolen merchandise from the Army and Air Force Exchange Service. His off-the-job successes include being handpicked to mentor at-risk high school students on the security forces career field and the Air Force way of life, volunteering 20 hours to the Hollywood Park Police Department Ride-Along program and pursuing an Associates Degree in criminal justice.

Also nominated were Senior Airmen Timothy David and Jamal Haymond and Airman 1st Class Andrew Pearson.



Senior Airman
Chad Adams

Honor Guard NCO of the Quarter

Staff Sgt. Tamara Thompson took home the Honor Guard NCO of the Quarter award for her performance in several honor guard functions. She performed flawlessly in over 20 funeral details while training new people in C Flight. Sergeant Thompson supervised the organization of honor guard uniforms and equipment supplies to ensure new members were ready to perform details. She was also handpicked by Air Force Recruiting Service to represent the Air Force in recruiting advertisements and literature. In her spare time, Sergeant Thompson is an active member in the Randolph Youth Center sports program and the base's junior NCO organization.

Also nominated were Staff Sgts. Richard Geren and Rebecca Lewis.



Staff Sgt.
Tamara Thompson

Honor Guard Airman of the Quarter

Senior Airman Alexander Larsen, a member of B Flight, was named the Honor Guard Airman of the Quarter. Airman Larsen was handpicked to train seven NCOs and Airmen in honor guard procedures. On top of training his flight, Airman Larsen performed in eight funeral ceremonies, six color guard ceremonies and was requested by the name for three retirement ceremonies. He also volunteered to lead and organize outdoor color guard for the Live Oak Memorial Day Parade, which earned him accolades from the Live Oak Chamber of Commerce and the 2,000 parade watchers.

Also nominated was Airman 1st Class Tyler Trovato.



Senior Airman
Alexander Larsen

Junior Civilian of the Quarter

Michelle Fricke, a career program clerk at the Air Force Personnel Center, was named the Junior Civilian of the Quarter for 2005. Ms. Fricke provided support for 28 people in three career field management teams while simultaneously handling over 700 customer inquiries. She also processed numerous training requests, travel orders and tuition assistance packages with no hitches. Ms. Fricke spends her free time volunteering at a community animal shelter and fostering abandoned or abused animals.

Also nominated were Diane Baggot, Steven Steele and Alan Torres.



Michelle Fricke

Intermediate Civilian of the Quarter

A payroll technician with the Air Force Services Agency won the Intermediate Civilian of the Quarter award. Jennifer Pratt is responsible for ensuring 5,500 non-appropriated fund employees receive their pay and appropriate benefits. She worked numerous hours of overtime to familiarize herself and prepare for the new payroll system transformation. After a major restructuring in the office, Ms. Pratt ensured there was no break in service even while she trained five new co-workers. When she's not working pay issues, Ms. Pratt spends time mentoring teenage girls for her church youth program and serving meals to the homeless.

Also nominated were Kimberly Houk, Ronald Pinson and Louis Rochat.



Jennifer Pratt

Senior Civilian of the Quarter

James Stevenson, an aircraft avionics manager at Air Education and Training Command, was named the Senior Civilian of the Quarter for 2005. Mr. Stevenson saved the Air Force millions through his innovative processes. He fixed the T-38C canopy repair process by repairing or salvaging 10 canopies and saving the Air Force \$240,000. He also fixed a command-wide shortage of T-38C boat-tails by modifying spare boat-tails on hand and using parts from the T-38A in the T-38C avionics upgrade program. Mr. Stevenson graduated with honors recently from the University of Phoenix with a Master's of Science degree in information systems.

Also nominated were James Barnett, Gary Ellsworth and Trevor Dean.



James Stevenson

World War II fighter pilot reminisces how it used to be

By Bob Hieronymus
Wingspread staff writer

The name Lilborn Jackson is not widely known on Randolph any more. There was a time when he cut a broad swath here, but that was many years ago.

Col. Lilborn Jackson retired here 40 years ago, but he still stands tall and straight and still recalls the details of who, what, when and why many things happened. At the age of 85, his handshake is firm, and his booming laugh comes easily as he recounts the adventures of his 28-year Air Force career.

"Jack" Jackson, as he prefers to be called, went to work as a molasses syrup salesman after he finished high school in Jefferson, Texas, but the dollar a day he was making barely paid the bills. Looking for a better job, in 1937 he enlisted in the infantry. For almost four years he slogged his way through the winter snows at an Army post in Wyoming.

"At least I wasn't selling syrup," he said.

Always on the lookout for excitement, he volunteered to be transferred to the paratroopers. By 1940, he was in the Panama Canal Zone when his unit received orders to prepare to jump onto the French island of Martinique. That was right at the time when Germany invaded France and demanded that France turn over all its ships to the German Navy.

"The American and British governments didn't want the Germans to get those ships, so they planned an operation to seize the French ships that were still in the Caribbean," Jack recalled. "Our unit was ready to drop in to take the ships when the French Navy at Martinique surrendered to the American fleet before any shots were fired. That was a close call, but we were ready."

The Army took notice of the young corporal's sense of adventure and leadership. He was offered a chance to go to officer candidate school and command a paratroop company at Fort Benning, Ga.

The war was going on in Europe then and the paratroops were training for the expected invasion of the continent. One of his tasks in his new assignment at an Army post near Alliance, Neb., was to test new equipment. Jack volunteered to make the first ever jump with live hand grenades carried in a pouch strapped to his chest. At that time it was considered highly dangerous to carry such munitions on a jump.



Retired Col. Lilborn Jackson

"When the chute opened with its usual jerk, the weight of the grenades tore the bottom out of the pouch. They got to the ground before I did," he said with a hearty laugh as he remembered the day. "At least the pins didn't come out so nobody got hurt."

The Army quickly designed stronger pouches, and Jack continued in the testing program, even helping to develop ways for paratroopers to jump with mortars strapped to their gear.

His parachuting career ended when on a training jump arranged to awe some visiting congressmen, a gust of wind blew him to a landing on a concrete roadway. His broken bones disqualified him from further parachuting but not from continued military service.

Under the rising pressure of wartime force requirements, the Army was actively recruiting pilots. So in September 1943, he turned down a promotion to captain in order to qualify for the Air Force pilot training program, squeaked through his physical examination and had pilot's wings the next summer. Then it was off to England where he flew bomber escort missions in the fast-flying P-51.

He flew a five and a half-hour patrol mission in his P-51 on May 6, 1945, the last day such missions were tasked, he recalled. That mission took him over Berchtesgarden, Hitler's mountain retreat, the day before the German government surrendered. He

immediately volunteered for duty in the Pacific but was told he had too many "overseas points" (the then-current Army system for rotating soldiers back from front line duty) to qualify for another combat tour, so he ended up staying in England until November before returning to the States.

He was assigned to Williams Field (later Williams AFB), Ariz., as an instructor pilot for the next five years. During that time, he was one of the first to fly the new P-80, the Air Force's first jet fighter. He transitioned into the F-86 and later into the F-100 as soon as they became operational. He was the 44th Fighter Squadron operations officer when his unit deployed to sit alert in their F-100s on Okinawa in 1958 during the height of the Cold War tensions.

In 1959, he was assigned to Headquarters Air Training Command here as a standardization and evaluation team chief. Drawing on his years of experience in the cockpit, he was often sent on temporary duty to help subordinate units resolve problems. This brought him into frequent contact with senior officers in the command who came to respect his judgment.

His original two-year assignment to ATC was extended to four but then he hit the limits of the 20/45 rule. That was an Air Force rule that required the grounding of pilots after 20 year of flying or age 45.

The intercession of a couple general officers saved him from that rule, Jack said, but they wanted to know what he wanted to do next. His response was quick and loud, "Back to an operational squadron," he said. He became the operations officer of the 3510th FTS here and retired two years later.

The story doesn't end there, however. Jack held the rank of major in the active duty Reserve but the rank of colonel in the inactive Reserve, a not uncommon situation because of the Air Force promotion system at that time. So on July 31, 1965, Major Jackson retired and the next day Colonel Jackson moved to the 130-acre farm he owned 18 miles south of the base where he still lives today.

Over the mantle in his living room is a portrait of him in his World War II uniform. Pictures of airplanes he flew decorate the walls and lying on the stand next to his television today is a VHS tape with the title "Top Gun Jets."

"I never had a job in the Air Force I didn't like," he said. "Once flying's in your blood, it's there to stay."

Summer safety campaign going strong

By Jillian Speake
12th Flying Training Wing Public Affairs

As Randolph enters the last month of the Operation Summer Survivor campaign, safety officials here want to stress how important it is for people to continue keeping safety in the forefront of their lives.

Operation Summer Survivor: Xtreme Challenge, the name for the command's 101 Critical Days of Summer safety campaign, started Memorial Day and ends Labor Day. It's during this time the Air Force traditionally experiences an increase in off-duty travel and recreation mishaps.

Randolph's number of mishaps is statistically lower than it was at this time during last year's campaign. According to safety officials, the Air Force has already had five vehicle, five motorcycle and four recreation fatalities.

"Our safety efforts this year have been very successful, but we still need to make sure we can see it through to the end of the summer," said Staff Sgt.

Jeff Linville, NCO in charge of wing safety inspections and assessments. "We all share the responsibility to educate those around us and set a good example."

The safety campaign focuses on personal and operational risk management techniques, safe driving practices and how to remain safe during summer activities such as swimming and boating.

Part of this year's campaign is the basewide Battle of the Groups competition between the 12th Operations Group, the 12th Medical Group, the 12th Mission Support Group and the 12th Maintenance Directorate.

The competition is based on how many points each group earns for performing different safety checks or procedures around base. The groups have earned points for passing out safety related materials, performing seatbelt checks, making safety presentations and planning safety related events.

"People need to remain vigilant during the summer campaign and throughout the rest of the year," Sergeant Linville said. "They should promote risk management in everything they do."

BATTLE of the GROUPS

The Battle of the Groups competition kicked off as part of the Operation Summer Survivor: Xtreme Challenge campaign which runs through Sept. 5.

The goal of the competition is for base organizations that belong to 12th Flying Training Wing Groups or Directorates to gather as many points as they can by performing different safety checks or safety related events around base.

GROUP	TOTAL
MDG	2,868.62
MSG	474.11
OG	2,039.57
MX	1,098.98

Air Force Intern Program develops future leaders

The Air Force Intern Program Central Selection Board will convene at the Air Force Personnel Center here following the fall 2005 Developmental Team Review Process. The board will choose 30 junior and mid-level captains to study the application of air and space power and observe senior Defense Department leadership in critical decision making processes.

AFIP is a fast-paced 12 to 24 month program that is designed to develop

tomorrow's leaders. While the program is available to both line and non-line officers a maximum of three slots are available to non-line officers.

AFIP combines hands-on experience as an intern in the offices of the Secretary of Defense, Joint Chiefs of Staff, and/or the Air Staff as well as an opportunity to earn an Air Force funded master's degree in organizational leadership from George Washington University.

"Selection for AFIP is based on

potential for greater achievement as demonstrated by an officer's ability to handle more challenging jobs. We want senior raters to nominate their absolutely best officers to meet the fall development teams for possible selection to AFIP," said Maj. Bill Schlichtig, chief of the Officer Developmental Education Branch.

The program consists of two phases for interns not enrolled in George Washington University and three phases for those interns enrolled in the

GWU program. The program lasts between one and two years.

Officers incur a three-year active duty service commitment upon completion of the program. Officers who have not attended Squadron Office School in-residence prior to AFIP will be allotted quotas to attend prior to attending AFIP.

For application instructions and more information, visit www.afpc.randolph.af.mil/fdso/AFIP.htm.

(Courtesy of Air Force Personnel Center News Service)

Wandering pets?

Local facility helps enforce base stray animal policy

By Jennifer Valentin
Wingspread staff writer

The 12th Security Forces Squadron takes steps to protect the health and safety of base residents from stray or wild animals, which can be hazardous to base residences and household pets.

One of the ways they do this is by notifying the City of Schertz animal control officers who capture stray or wild animals on Randolph.

"Pet owners are responsible for all of the costs incurred to retrieve their pet from the animal shelter, once it is picked up," said Master Sgt. Richard Sherman, 12th SFS operations superintendent. "All possible attempts will be made to identify the owners of captured animals by checking vaccination tags or checking for microchip implants."

The base vet clinic offers the microchip procedure for a \$15 fee.

- Captured animals with tags or microchip implants

are held for five days before adoption or euthanasia.

- Captured animals without tags or microchip implants are held for three days before adoption or euthanasia.
- Wild animals (domestic pets that are wild and cannot be safely handled) are euthanized when captured.
- Captured wildlife are turned over to a Texas game warden for relocation or disposal.

"Pet owners also need to remember when their pet is outside or not in a fenced yard, they must be on a leash," said Capt. Vanessa Hayes, 12th SFS operations flight commander.

The 12th SFS will not pick up stray animals, however, base housing residents can call the 12th SFS control center at 652-5700, and the center will contact the City of Schertz Animal Shelter for assistance.

The City of Schertz Animal Shelter does not accept pick-up calls directly from base residents. Base residents can contact Schertz Animal Shelter at 658-6607 if their pet is missing. The shelter is located at 1298 Borgfeld Road off FM 3009.

City of Schertz Animal Control Fees

Impound fee per animal (dog or cat)
Spayed or neutered animals
\$20
All other animals
\$35
Holding fee per day
\$10
Surrender fee (Owner no longer wants animal or owner cannot be located)
With proof of vaccinations
\$12
With no vaccinations
\$20
Euthanasia fee per animal (dog or cat)
\$18
Quarantine fee (dog or cat)
\$35
Response after-duty hours (hours are 8 a.m. to 5 p.m. Monday through Friday and City of Schertz holidays)
\$25 per hour

Randolph spouse crowned at beauty pageant

By Jennifer Valentin
Wingspread staff writer

Melissa Behnke, wife of Lt. Col. Thomas Behnke, 560th Flying Training Squadron C-Flight commander, was crowned queen in the 40s age group during the Beauties of America pageant that took place July 8-11 in Minneapolis, Minn.

Fourteen women competed in Ms. Behnke's category, with about 70 women total competing together.

"I began competing in pageants during high school," said Ms. Behnke. "I won several state contests, and the challenge was very exciting to me."

Ms. Behnke was also runner-up as Kansas Jr. Miss. while attending college, she participated in the Miss America and Miss USA preliminary pageants in Kansas and Oklahoma. After graduating from Oklahoma City University, she won the title of Miss Norman USA and was set to compete in the Miss Oklahoma USA pageant.

"Other pageant events took me to Missouri, Nevada, Tennessee, Texas and California. I actually won Mrs. Texas International 2001," she said.

Ms. Behnke said when her career as a Broadway entertainer took off, she gave up the pageant life and accepted a job as a singer, dancer and actress, performing on television and in Broadway style shows with Japanese celebrities in Tokyo at the New Otani in Akasaka Mitsuki. Her new career took her to many places around the world, including Seoul, where she and a cast of American



Melissa Behnke

entertainers performed during the World Olympic Games in 1988.

"I started participating in pageants to help pay for my college tuition," she said. "But it really is an honor to represent your state at a national pageant. The Miss America scholarship pageant is a great way to pay for college and I highly recommend it."

The Beauties of America Pageant held in July was not stressful, she said, but enjoyable.

"The contestants were so down to earth and friendly, and I don't say that about every pageant I do," she said. "In my group alone, there were several ladies who were competing for the third, fourth or even sixth year in a row! It was my first time, and I look forward to seeing old friends and new faces next year when I crown my successor."

While there was no talent competition for this pageant, the interview and community service work categories were very important because it was 40 percent of the total score, said Ms. Behnke. The ability to model in the evening gown portion on stage was 25 percent, with fitness being 25 percent and photogenic ability taking up 10 percent.

"To prepare for a pageant, you have to be very fit and confident for the swimsuit competition," she added. "You must be outgoing, articulate, and well-versed on current events, social issues, world

wide news and politics, while staying cool and calm under the pressure of facing a panel of six judges."

Ms. Behnke was awarded the Fitness Award, having scored higher than all of the other contestants in all of the age groups.

"I felt proud of my wife as others came up to me to say how awesome of a person she was, inside and out, and they mentioned how you don't always find that in the pageant world," said Colonel Behnke.

Beauties of America is unique because the competition is broken down into different age divisions – teens, 20s, 30s, 40s, 50s and 60s.

"We, more 'mature' women are able to mentor the younger ladies in the group," she said. "We can draw from our own experiences."

Ms. Behnke said she felt surprised but grateful that she won.

"I was quite stunned because there were many outstanding women in my division and they made me work hard to win," she said.

Ms. Behnke said she would consider participating in pageants again.

"I get a lot of joy out of meeting new friends with similar interests and being on stage where I feel so much at home," she said.

Ms. Behnke will make appearances representing the Beauties of America pageant system.

Colonel Behnke said he is very proud of his wife.

"After the pageant, it was a good feeling when some of the judges told me how great Melissa did in the interview process," said the colonel. "The judges said she was outstanding, but I could have told them that before the competition even started."

40 YEARS AGO

in the Wingspread

☆ The T-33 pilot instructor training course in the 3510th Flying Training Squadron here was transferred to Craig Air Force Base, Ala., as a part of the transition to T-38 pilot instruction in the Air Force. Craig AFB is the only base still training pilots in the T-33. At this time the T-33 course here included only three instructors, three aircraft and three students.

☆ The Air Force Recruiting Service announced that in 1965, 91 percent of its enlistees had at least a high school diploma. In 1955, that number had been 49.7 percent.

☆ The T-38 aircraft assigned to the Air Training Command completed their 500,000th flight hour during August 1965. The record is remarkable in that the aircraft only entered the active inventory in 1962. During 1965, the command experienced only 2.9 major accidents per 100,000 hours of flying time.

☆ The 3510th Flying Training Squadron on Randolph received the Air Force Outstanding Unit Award for their meritorious service from January 7, 1964, to January 9, 1965. The unit trains pilots and instructor pilots in the T-33 and T-38 aircraft.

☆ The east runway was closed for 30 days so crews could extend it to 8,500 feet from the current 7,000 feet. In addition, a 1,000-foot overrun was added on each end to provide more runway length for the new high performance aircraft. The work also required setting new, lighted distance markers and repositioning the instrument landing system.

☆ The base theater featured the new movie "Operation Crossbow" with Sophia Loren and George Peppard. The admission price was increased to 50 cents for this first run movie.

558th Flying Training Squadron



UNIT SHIELD

The figure in the shield of the 558th Flying Training Squadron is identified as the Phantom Knight. The Latin motto, Semper Vigilamus, means "Always Watchful."

UNIT HISTORY

The 558th Flying Training Squadron began its military career as the 558th Bombardment Squadron (Medium) in November 1942, flying the Martin B-26 Marauder attack bomber. Because of its excellent specifications on paper, the bomber was one of the few aircraft ordered by the Army without a test program. It proved to be a handful to fly, but was effective in its ground attack role when flown by trained pilots.

The Martin B-26 was equipped with a pair of 1850 horsepower Pratt and Whitney R-2800-5 Double Wasp engines. Its relatively short 65-foot wingspan, while permitting 315 miles per hour top speed, made landing a delicate exercise at 130 miles per hour. In addition to a 5,800-pound bomb load in its two bomb bays, the plane carried two .30 caliber and three .50 caliber machines guns. With a full load, the plane weighed in at 32,000 pounds. Its range with a 3,000-pound bomb load was 1,000 miles. Its normal crew was five men; a pilot, co-pilot, bombardier-navigator and two gunners.

Flying out of Chipping Ongar Air Base in England, the 387th Bombardment Group, which included the 558th BS, flew their first missions against targets near the Dutch coast. The crews had trained for low level attacks at 1,500 feet, but that brought them within range of enemy ground fire. On their first mission, 100 percent of the planes were either shot down or damaged. By their third mission, they were flying at 12 - 15,000 feet. While their bombing accuracy may have gone down, their survival rate went up.

The 387th BG participated in the D-Day operations, attacking Germany positions near the invasion beaches. Their targets were airfields, bridges and roads that led to the front lines. As the Allied forces moved across France in 1944, the 558th BS followed, hopping from base to base as the front moved. By the time the war in Europe ended in May 1945, they were in Holland. The squadron was inactivated in November 1945, and its B-26 Marauder bombers were decommissioned.

In 1962, the unit was activated again at MacDill Air Force Base, Fla., as part of the 12th Tactical Fighter Wing. The 558th Tactical Fighter Squadron, flying the F-4C Phantom, was soon sent to Cam Ranh Air Base in Vietnam. There, the crews flew fighter-bomber and ground support missions throughout Southeast Asia until they were deactivated in 1970.

In 1992, the squadron was activated again, flying the T-43 here in support of the Specialized Undergraduate Navigator Training program. When the T-6A Texan II was selected as the replacement for the T-37 Tweet, the squadron was designated as the first to develop a program for training pilot instructors for the new aircraft.



Lt. Col. John Taylor, in the cockpit, and Maj. Doug Opersteny, instructor pilots of the 558th Flying Training Squadron, give a T-6A Texan II a pre-flight check in preparation for a training mission. (Photos by Steve White)

558th Flying Training Squadron: Schoolhouse for the T-6 program

Instructor pilots learn to pass on flying expertise

This article is the sixth in a series profiling Randolph Operations Group Squadrons.

By Bob Hieronymus
Wingspread staff writer

Ask Lt. Col. Mike Pipan, 558th Flying Training Squadron commander, what the mission of the squadron is and he proudly points to the motto on the wall: "Develop the world's best primary instructor pilots at the T-6A center of excellence."

When a candidate for instructor duty arrives at the 558th FTS, he or she is issued a 59-page syllabus and a large stack of manuals. The concepts in these manuals are not new to them, however, since every trainee is already a military pilot. Some have already logged a couple thousand hours in the air and some have just completed pilot training, but now they need to learn how to teach others to fly. This monumental task is accomplished in only 14 weeks – less if they arrive with certain qualifying experience.

"We are the schoolhouse for the T-6 program," Colonel Pipan explained. "We have the task of helping to write and maintain the manuals used in T-6 primary flight training and standardizing the training program at the various bases. The lessons our students study here were, for the most part, written here. That's quite a heritage."

When students in the squadron's Pilot Instructor Training, or as it is most often identified, "T-6 PIT," accept their certificate of training, they will have worked through more than 131 hours of academics, 32 hours of simulators and 71 hours in the cockpit of the T-6A.

Emphasis throughout the course is on more than just being able to perform the maneuvers. Not only must the instructor perform maneuvers expertly, he or she must pass on that expertise to a student and have the student do them safely. Consequently, the

seasoned instructors sometimes play the role of a neophyte pilot so the PIT student can recognize and correct uncertain or unsafe actions in the cockpit.

Missions that emphasize airfield approaches and landing patterns are normally flown at Randolph's auxiliary Hondo Field where experienced instructors man the runway supervisory unit to ensure safety in the mixed military and civilian air environment.

The T-6A Texan II is a single-engine, two-seat, fully aerobatic primary trainer, developed by Raytheon Corporation from the Beech and Pilatus PC-9 Mark II. The Department of Defense directed the Navy and Air Force to come up with a single aircraft to use for Joint Primary Pilot Training, but the selection process took almost 10 years.

The T-6 uses the latest state-of-the-art displays in the cockpit, which makes it the ideal training vehicle to prepare pilots for modern combat aircraft. In contrast to the T-37 Tweet, which has been in the inventory for almost 50 years, the T-6 features a Global Positioning System display for navigation and airfield approaches, together with the computer-driven "glass cockpit" flight instruments. It is also equipped with both UHF and VHF radios so pilots can communicate with both military and civilian aircraft and airfields.

A small turbine engine producing 1,100 horsepower drives the propeller, which requires the pilot to be aware of some torque effect – a factor that does not exist with jet aircraft.

"Other than that torque effect, the way this plane handles is very similar to the T-37," Colonel Pipan said.

The procurement contracts for the T-6 include a suite of simulators designed to aid in training. The simulators are operated and maintained by employees of Raytheon Corporation under contract to the Air Force.

The 558th FTS currently has 38 instructor pilots assigned and another 38 attached. Together they fly more than 10,800 sorties for some 17,000 flight hours annually. In addition to 125 PIT students a year, the squadron also transitions another 80 T-37 instructors into the T-6. The transitioning students have a shorter training program, as do the dozen or so pilots coming from non-fixed wing venues into the T-6. Finally, the squadron conducts orientation training for a small group of medical and physiological officers whose careers interface with those of aircrews.

The squadron has the unique responsibility of flying a T-6 demonstration team for air shows and displays around the country. Tasked by their parent command, the 19th Air Force, the team presents about 18 shows each year to represent the mission of Air Education and Training Command.

Colonel Pipan summarized the squadron's basic philosophy by saying the unit should be thought of as the training equivalent of the weapons school at Nellis AFB, Nev.

"We are the experts in primary flying training," he said. "We need to stay connected with the other training wings as well as with the war fighters. That's our goal. That's why we want to be, and we are, a real T-6 center of excellence."



Maj. Scott St. Amand, left, and Maj. Steve White ensure the accuracy of the information on the 558th FTS flight scheduling board.

Stretch it out...

Prepare muscles for workout with warmup

By Jennifer Valentin
Wingspread staff writer

When getting ready to play sports, it is important to know when and how to stretch or warm up to prevent injuries.

"Warming up is important before any exercise, but the dynamic nature of most sports makes it necessary," said Patrick Fay, fitness programs manager. "Anywhere from 15-45 minutes should be reserved for warming up."

A good way to warm up is to simulate the sport at a low intensity. For example, do light jogging before running events, play catch and take warm-up swings before playing softball, or do medium intensity cutting drills before soccer and basketball.

The nature of the sport will demonstrate how much a person should warm up. The warm up should start at about 50 percent intensity and build to almost 100 percent intensity before competition.

Most sports start with the legs, said Mr. Fay. Even sports such as golf and throwing events in track and field, where the focus is on the upper body, include the use of the legs.

"For this reason people should try to hit all the major muscle groups when warming up," added Mr. Fay. "Ideal stretching should include muscles in the neck,

forearms and feet, as well as the chest, shoulders, trunk, hips, thighs and back."

For increasing strength to improve performance during a sport, Mr. Fay recommends working out against greater resistance, meaning using free weights or resistance bands when warming up. There are products for nearly every sport that provide resistance to essential movements, said Mr. Fay. Examples are parachutes for running, weighted balls and bats, and weighted vests.

Stretching after practice or competition is probably more important than stretching before, said Mr. Fay.

"Warm muscles respond better to stretching and retain flexibility better," he added. "This can lead to better overall flexibility, prevention of muscular imbalance and can prevent soreness."

Allow at least as much time for cooling down as for warming up. This can involve light jogging or walking and should definitely involve stretching.

"When I stretch before playing sports, I feel better," said 1st Lt. Adam Vaccarezza, AETC Services Directorate executive officer. "My legs aren't as sore when I play softball, which helps improve my game."

"Exercise is an important part of life, keeping us healthy and energetic," said Mr. Fay. "But while exercising is important, and the variety of sports available is a fun way to exercise, taking time to stretch before and after is a must."



Yoga classes offered on base

By Jennifer Valentin
Wingspread staff writer

If you are looking for an alternative to everyday exercises such as walking or lifting weights, why not try yoga?

Yoga classes are offered on base four times per week at the fitness center.

"The base yoga classes are for all levels, whether you have experience or are just starting to learn, we welcome everyone," said class instructor Wendy Wilmunen. "In the classes, we try to show modified, intermediate and advanced poses to appeal to everyone who participates."

Yoga is more than just stretching, said Ms. Wilmunen.

"Yoga connects the movements and fluctuations of our body and mind to the rhythm of our breath," she said.

By connecting these, people can direct their attention inward and become more aware of their experiences from moment to moment, she added. They can learn to become more relaxed



Students participate in a yoga class at the base fitness center. Classes are scheduled Mondays at 5:45 p.m., Tuesdays at 9 a.m., Thursdays at 10 a.m. and Fridays at 4:45 p.m. (Photo by Steve White)

and feel less stress day-to-day.

The classes start with a warm-up, move on to strength poses and balance poses, and then finish with stretching for a final relaxation, said Ms. Wilmunen.

"My personal style of yoga is 'vinyasa,' or flowing with the breath," she added. "I format the class by warming up with 'sun salutations,' a rhythmic series of exercises designed to warm-up the body."

Yoga has many health benefits that some people may not know about.

"It can help prevent osteoporosis, and increase strength, flexibility and balance," Ms. Wilmunen said.

The classes are free and are open to active duty members, retirees, dependents and their guests.

Classes are scheduled at the fitness center for Mondays at 5:45 p.m., Tuesdays at 9 a.m., Thursdays at 10 a.m. and Fridays at 4:45 p.m.

A typical yoga class has about 14-20 people, but no one has been turned away due to lack of classroom space.

"I started taking yoga about two years ago to help deal with the stress of my husband being sent to Korea for a year and being left with the ups and downs of raising two teenage daughters," said Laura Yandon, a yoga participant. "We are shown how to challenge ourselves and laugh at ourselves if we stumble when learning new poses. I always feel better after finishing a yoga session."

For more information, or to sign up, call the fitness center at 652-4311.

SPORTS BRIEFS

Randolph athletes honored

The Texas School Coaches Association honored Brandon Ervin and Moton Hopkins with all state honors. Brandon participated in the all-star basketball game while Moton played in the all-star football game held in San Antonio recently.

Water aerobics classes

Free aerobics classes are held at the center pool Monday and Wednesday from 10-11 a.m.

Lifeskills workshop

The Health and Wellness Center

is offering a lifeskills workshop Wednesday from noon to 1 p.m. For more information, call 652-2300.

Cardio endurance challenge

Visit the fitness center Monday through Aug. 15 to compete in the Cardio Endurance Challenge. This program is open to all Department of Defense ID cardholders ages 16 and up.

Golf clinic

A free retiree golf clinic takes place Aug. 13 from 9-11 a.m. at the golf course.



GOLF STANDINGS

as of July 29

TEAM	POINTS
12 LRD	46.5
AFSAT-SVS	42.5
AETC SC/CSS	42.0
AFPC	37.5
19 AF	33.0
AETC DO-IG	33.0
AFMA	26.5
AETC LG	16.5
12 CS	14.0
AFRS	8.5



SOFTBALL STANDINGS

as of August 1

MON-WED INTRAMURAL		W	L
AFRS		8	2
AETC/DO		8	3
12 CS		8	3
562nd D FLT		5	5
12 SFS		2	9
12 MDG		1	10
TUE-THU INTRAMURAL		W	L
562nd Instructors		9	2
AFPC		9	3
AETC/DP		7	4
12 CON/AFMA		7	5
562nd C FLT		2	10
12 CES		2	11
EXTRAMURAL		W	L
DPP		6	1
AFRS		6	1
AFOMS		5	2
AFMA		3	4
AFAA		3	4
12 CPTS		3	4
DPAA		2	5
12 MSS		0	6